

SCHOOL OF PHARMACY

REPORT

SOFT SKILL DEVELOPMENT PROGRAM ON “SELF - EMPOWERMENT”

School of Pharmacy has conducted an online Soft Skill Development Program on “Self - Empowerment” for the students of B.Pharmacy I, II, III and IV year from 06th to 08th April 2021 in association with **Telangana Academy for Skill and Knowledge (TASK)** through online mode at Nalla Narasimha Reddy Education Society’s Group of Institutions, Hyderabad.

Day 1: TASK-Soft Skill Development Program on “Self - Empowerment”

The speaker focused on the following about the Self- Empowerment

- The aim of self-empowerment isn't to have *perfect* control but to have the ability to use it for crucial areas of your life.
- Self-empowerment may also be considered a combination of skill, action, and belief. Collectively, these things come together to help you create the life you want.
- Usually, self-awareness is the precursor to self-empowerment because it gives you *a realistic* assessment of yourself.
- Self-awareness enables you to know your strengths and weaknesses. Knowing which parts of yourself you need to improve and which strengths to maximize can help you live the most fulfilling life possible.
- Knowing these things allows you to focus your time, energy, and resources towards those things, maximizing your chances of success.
- Self-confidence is another important aspect of self-empowerment. You won't be able to accomplish your goals if you don't develop the belief you're capable of accomplishing them.

The screenshot shows a presentation slide with the following content:

- Self Empowerment Beginner Day 1** (Title)
- What is the difference?** (Section)
 - Left side (Negative states):** Lack of confidence, Feeling Hopeless, Feeling helpless, Broken Spirit, Feeling victimised, Low self esteem.
 - Right side (Positive states):** Being discouraged, Being suppressed, Being insured, Discrimination, Dominating you, Take away power and authority, Being Bullied.
- Below the difference section:** A diagram asking "What are certain words" and "What is the common element that connects these words?". It lists: Being discouraged, Being suppressed, Being insured, Feeling hopeless, Discrimination, Lack of confidence, Dominating you, Broken Spirit, Take away power and authority, Feeling helpless.
- PERSONALITY TYPES KEY** (Section)
 - E Extroverts:** are energized by people, enjoy a variety of tasks, are good planners, and are good at multitasking.
 - I Introverts:** often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.
 - S Sensors:** are realistic, people who like to focus on the facts and details, and enjoy concrete ideas and past experiences to come up with practical solutions to problems.
 - N Intuitives:** prefer to focus on big possibilities and the big picture, easily see patterns, value intuition, and seek creative solutions to problems.
 - T Thinkers:** tend to make decisions using logical analysis, objective, weigh pros and cons, and are not influenced by emotions or fairness.
 - J Judgers:** tend to be organized and prepared, like to make and stick to plans, and are comfortable following established rules.

Glimpses of Day 1 – TASK - Self Empowerment Training

Day 2: TASK Soft Skill Development Program on “Self - Empowerment”

The speaker focused on 10 Essential Self-Empowerment Guidelines:

1. Self-Acceptance: Accept yourself as you are right now, you can still make changes while embracing who you are.
2. Release: Negative emotions, self-defeating thoughts & limiting beliefs
3. Laughter, Exercise, Hobby: These are all empowering tools & help release endorphins- feel good hormone.
4. Quiet the Mind: Meditation, self-hypnosis, yoga etc., help quiet the mental chatter & promote peace
5. Forgive & Let Go of Blame/Anger: People do their best with the tools they have at the time
6. Gratitude: It is the key that unlocks positive energy in life and the alchemy that transforms issues/problems into blessings/gifts.
7. Goal Setting: Setting goals creates direction, pace and helps us achieve a manageable life in the direction we choose.
8. Personal Inventory: Learn to tune into yourself & cultivate the art of listening to yourself.
9. Take One Step at a Time: Move at a pace that is comfortable for you. Rome was not built in a day.
10. Self-Discipline: Follow up on your promises, including promises to yourself. Give everything you do a 100% including taking care of yourself. Set healthy boundaries, separating others’ issues from yours.

Your Identity
Depends on
Your Behaviour
Depends on
Your Habits
Depends on
Your Thoughts
Depends on
Your Beliefs

Everybody has an identity - whether you are aware of it or not!
You have to make a conscious effort to build the identity that you want for yourself
It takes effort and time ... Like the Chinese Bamboo
Sometimes, your identity faces threats!

Identity Development
Identity development theory has 4 stages that helps you identify your current statuses.
Developed by James Marcia

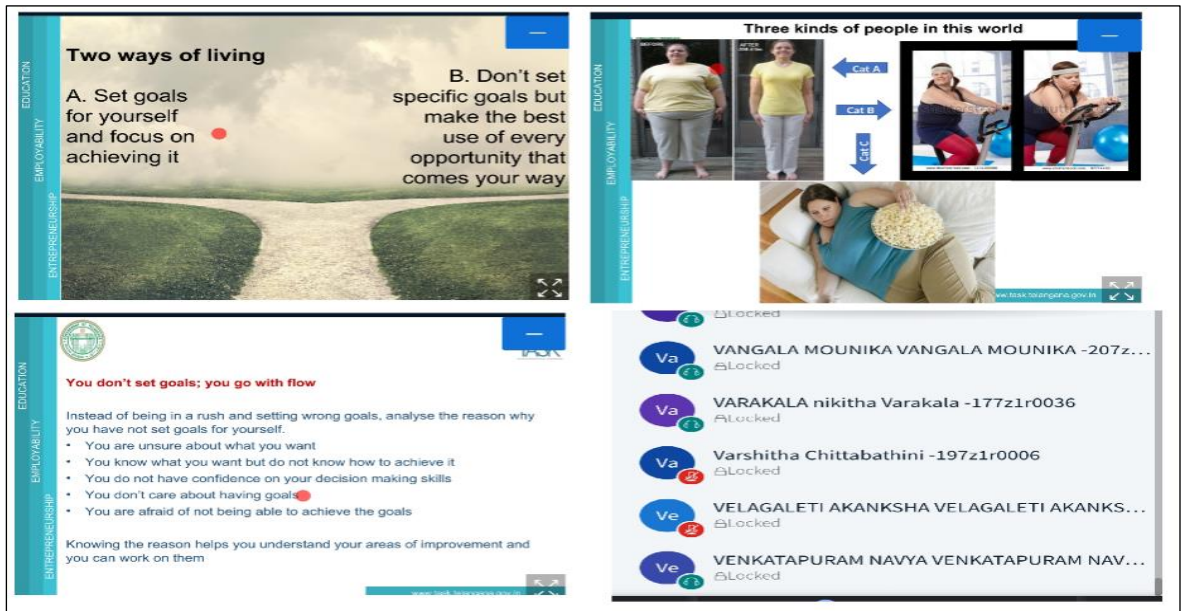
		Crisis/ Exploration	
		Low	High
Commitment	Low	1. Diffusion ☹️	2. Moratorium 😊
	High	3. Foreclosure 😐	4. Identity achievement 😄

Self Confidence is the ability to believe in yourself and knowing that you have it in you to overcome challenges.
It is about being able to accept your imperfections, uncertainties, limitations and respecting yourself for who you are and what you are, with pride.
When you respect yourself, you will be respected by others

Glimpses of Day 2 – TASK - Self Empowerment Training


Day 3: TASK Soft Skill Development Program on “Self – Empowerment”

The speaker delivered more about techniques and advantages of self-empowerment by giving the practical examples. The speaker concluded the session by saying “we should learn to respect ourselves enough to walk away from anything that no longer helps us grow or makes us happy. Our attitude affects everyone around us whether good or bad. If you are unhappy and lack self-confidence, you are not expressing yourself to the fullest. Setting a good example for those around you can help to change their lives and also yours”.



Glimpses of Day 3 – TASK - Self Empowerment Training

Total **141 students from B.Pharmacy I, II, III and IV year** have attended the program and got benefit from the TASK - Soft Skill Development Program on “Self - Empowerment” .


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